## POOL SCHEDULE
### Summer Session | July 3 – August 27, 2023
(as of 7.20.23)

Please note: Swim caps must be worn in pool at all times.

<table>
<thead>
<tr>
<th>Time</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>6AM</td>
<td>Adult Lap</td>
<td>Adult Lap</td>
<td>Adult Lap</td>
<td>Adult Lap</td>
<td>Adult Lap</td>
<td>Adult Lap</td>
<td>Adult Lap</td>
</tr>
<tr>
<td>8AM</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
<td>Pool Closed</td>
</tr>
<tr>
<td>9AM</td>
<td>Adult Lap 8 – 9:30 AM</td>
<td>Adult Lap 8:15 – 10 AM</td>
<td>Adult Lap 8 – 9:30 AM</td>
<td>Adult Lap 8:15 – 11 AM</td>
<td>Adult Lap 8:15 – 9:30 AM</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
</tr>
<tr>
<td>10AM</td>
<td>Pool Closed</td>
<td>30 Minutes</td>
<td>Adult Recreation Swim (no lane lines)</td>
<td>Adult Recreation Swim (no lane lines)</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
<td>Pool Closed</td>
</tr>
<tr>
<td>12N</td>
<td>Adult Lap</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
<td>Adult Lap</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
<td>Pool Closed</td>
</tr>
<tr>
<td>1PM</td>
<td>Swim Camp 11:30 – 1 PM</td>
<td>Swimming Camp 12:30 – 1PM</td>
<td>Family Recreation 1:45–2:30 PM</td>
<td>Family Recreation Swim</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
<td>2/ Water Movement Ages 3-5</td>
</tr>
<tr>
<td>2PM</td>
<td>Pool Closed</td>
<td>30 Minutes</td>
<td>Swimming Camp 12:30 – 1PM</td>
<td>Swimming Camp 12:30 – 1PM</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
<td>2/ Water Movement Ages 3-5</td>
</tr>
<tr>
<td>3PM</td>
<td>Pool Closed</td>
<td>30 Minutes</td>
<td>Family Recreation Swim 2:50–3:50 PM</td>
<td>1/ Water Acclimation Ages 3 – 5</td>
<td>3:00 – 3:30 PM</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
</tr>
<tr>
<td>4PM</td>
<td>Pool Closed</td>
<td>30 Minutes</td>
<td>2/ Water Movement Ages 3-5</td>
<td>3:40 – 4:10 PM</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
<td>2/ Water Movement Ages 3-5</td>
</tr>
<tr>
<td>5PM</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
<td>Family Recreation Swim 4 PM–4:45 PM</td>
<td>2/ Water Movement Ages 5-12</td>
<td>4:20 – 4:50 PM</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
</tr>
<tr>
<td>6PM</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
<td>Private Lessons 5-5:30 PM</td>
<td>4/ Stroke Intro Ages 5-12</td>
<td>5:00 – 5:45 PM</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
</tr>
<tr>
<td>7PM</td>
<td>Water Aerobics 6 – 7 PM</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
<td>Private Lessons 5:30-6:00 PM</td>
<td>6/ Stroke Mechanics Ages 18+</td>
<td>7 – 7:45 PM</td>
<td>Pool Closed</td>
</tr>
<tr>
<td>8PM</td>
<td>Pool Closed</td>
<td>30 Minutes</td>
<td>Private Lessons 6:30-7:00 PM</td>
<td>Private Lessons</td>
<td>6:30-7:00 PM</td>
<td>Pool Closed</td>
<td>15 Minutes</td>
</tr>
</tbody>
</table>

**NEED FINANCIAL ASSISTANCE? JUST ASK.** | **Changes/ additions in red.**

**FOR YOUTH DEVELOPMENT**
**FOR HEALTHY LIVING**
**FOR SOCIAL RESPONSIBILITY**

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**GREENPOINT YMCA 99 MESEROLE AVE., BKLYN, NY 11222 | YMCANYC.ORG/GREENPOINT | 212-912-2260**
**Note:**
- Everyone must shower before entering the pool.
- Swim caps are required to swim.
- Shoes are not allowed on the pool deck.
- Swimsuits are required in the pool.

**STAGE DESCRIPTIONS**

**SWIM STARTERS**
Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

**SWIM BASICS**
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

**SWIM STROKES**
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**A / WATER DISCOVERY**
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

**B / WATER EXPLORATION**
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

**1 / WATER ACCLIMATION**
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

**2 / WATER MOVEMENT**
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

**3 / WATER STamina**
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

**4 / STROKE INTRODUCTION**
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

**5 / STROKE DEVELOPMENT**
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

**6 / STROKE MECHANICS**
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program.